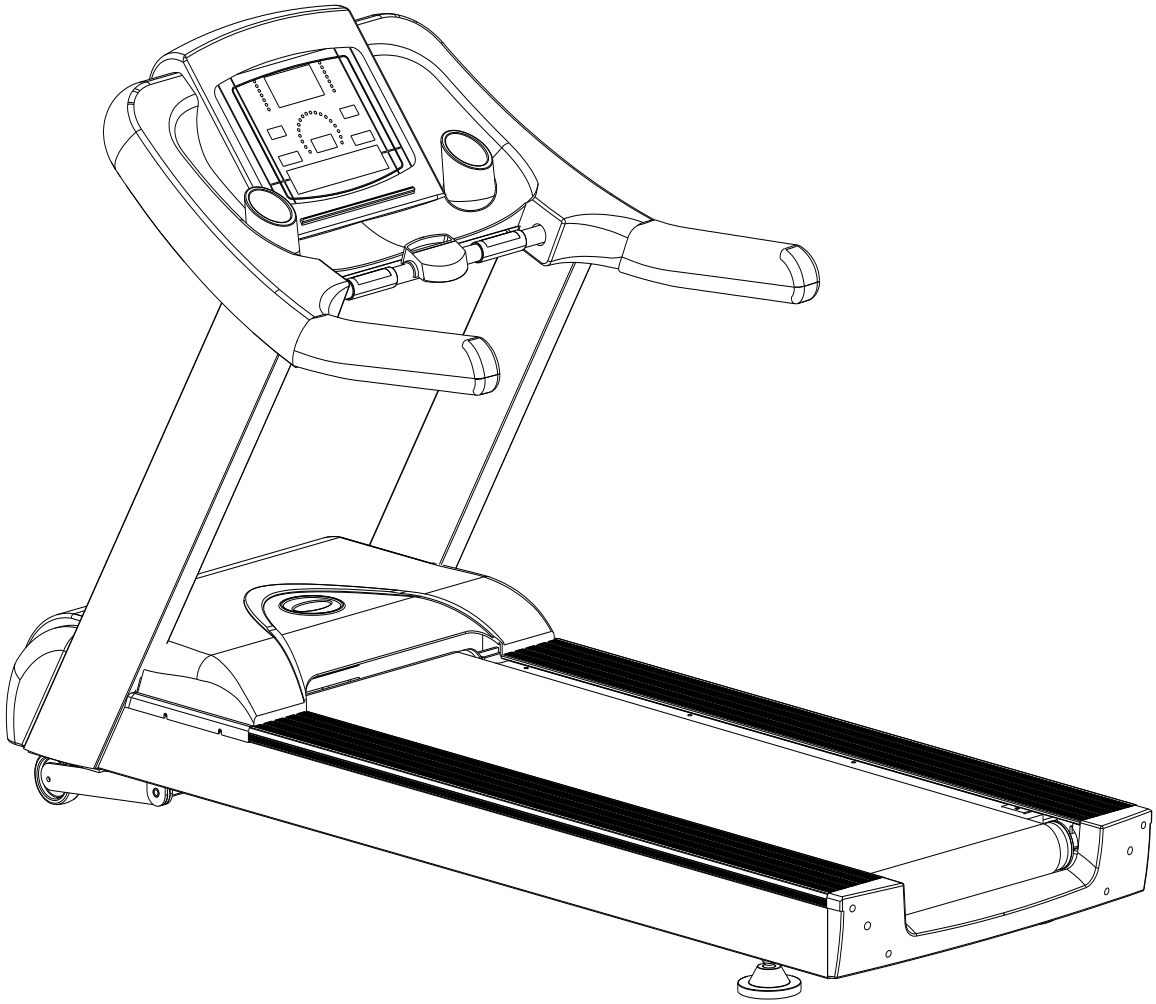
COMMERCIAL TREADMILL



USER'S MANUAL

Ⅰ. FEATURES

Congratulations on choosing the treadmill. You have taken the first step to a healthier and more rewarding lifestyle.
The treadmill is especially designed to meet your needs. The following are the features of the treadmill.

- The frame lies low on the ground for a safe use.
- Different programs help you achieve your fitness goals.
- Quick speed buttons for a convenient speed selection.

Ⅱ. PRECAUTION

TO REDUCE THE RISK OF ELECTRIC SHOCK, BURN, FIRE OR OTHER INJURY, PLEASE READ THE FOLLOWING CAUTIONS AND INFORMATION BEFORE OPERATING THIS TREADMILL.

● It is the responsibility of the owner to be sure that all the users of this treadmill are informed of all warning and precautions.
● Keep pets and children away from the treadmill at all times.
●Never start the treadmill while you are standing on the walking belt.
●The treadmill is capable of high speeds. To avoid sudden jumps in speed, adjust the speed in small increments.
●Regularly inspect and tighten all parts of the treadmill. Keep hands away from all moving parts.
●Never leave the treadmill unattended while it is not running. Always remove the safety key and move the on/off switch to the “off” position when the treadmill is not in use. Refer to the console instructions page of this manual for the location and operation of the on /off switch.
●When folding or moving the treadmill, make sure that the safety lock is fully engaged. Refer to the folding instructions pages of this manual for safety lock operation. Do not remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

●Keep the plug and power cord away from heated surfaces.
●Keep all electrical components, such as the motor, power cord and on/off switch away from water or other liquids to prevent shock. Do not set anything on the handrails, computer console or belt.
●This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

FOR YOUR OWN SAFETY, BE ADVISED OF THE FOLLOWING:

●Assemble and operate the treadmill on a level, solid surface. Keep at least four feet of clearance around the treadmill at all times.
●Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull the cord to disengage the safety key from the console. To continue operation simply reinsert the safety key into the console.
●Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.
●Wear the proper exercise clothing and shoes for your workout. Do not wear loose clothing or shoes with leather soles or heels. Be sure to tie long hair back.
●Keep all loose clothing and towels away from the running surface. The belt will not stop immediately if an object becomes caught in the rollers or belt. Should an object become caught, turn the unit off immediately.
●proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Step onto the running belt only when it is running at a very slow speed. Do not step off the treadmill while the belt is moving.
●To get on or off the running surface, straddle the running surface by standing on the right and left platforms on each side of the belt before starting the belt(to begin your workout) and after it has stopped (at the end of your workout).
●Never attempt to turn around while on the treadmill with the belt running. Keep your head and body facing forward at all times.
●Never turn on the treadmill while someone is standing on the running surface.
●Do not rock the treadmill, stand on the handrails or computer console at any time.
●Do not overexert yourself during your workout. Stop your workout immediately. If you feel any pain or discomfort, please consult your physician.

●Do not attempt any service on the treadmill yourself other than the assembly and maintenance described in this manual. The treadmill is for household use only. Please refer to the customer service information contained in this manual should your treadmill require additional service other than that described in this manual.

ELECTRICAL SAFETY: This motorized treadmill must be grounded. Should it break or malfunction, grounding reduces the risk of shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

IMPORTANT: Improper connection of the equipment- grounding conductor can result in a risk of electric shock. If you are in doubt as to whether the treadmill is properly grounded, check with a qualified electrician or service person. Do not modify the plug provided with the treadmill. If it does not fit the outlet, then get a proper outlet installed by a qualified technician.

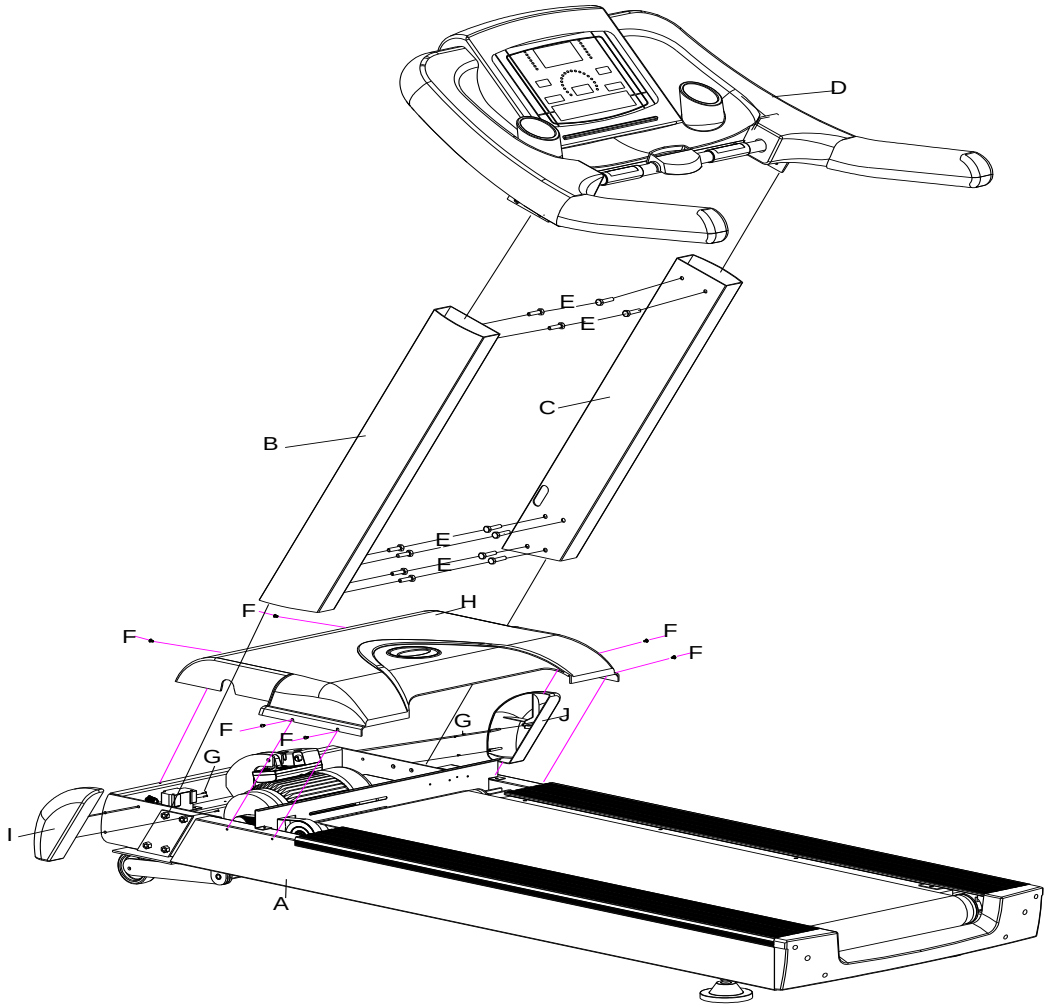
SURGE PROTECTION: Although this treadmill is equipped with built in surge protection, an external surge protector is still recommended.
The treadmill will shut off automatically if it encounters a surge in power. A reset button is located at the lower front of the motor cover. If the treadmill should be shut down, turn the on/off switch to the “off” position, then press the reset button. The treadmill will now work properly.

PARTS LIST

A	Frame	1		H	Motor cove	1
B	Left upright post	1		I	Left handlebar post cover	1
C	Right upright post	1		J	Right handlebar post cover	1
D	Computer	1			6MM Allen key	1
E	M10*25 Hexangular screw	12			Hatch wrench	1
F	M5*10 Bolt	6			Cross screwdriver	1
G	∮3*8 Tapping screw	2			Silicone oil	5

Ⅲ. ASSEMBLY

The following is the assembly draft.



●Attach the handlebar post cover (I and J) to straight frame tube with the screw (G) .

●Lift the upright post B and C and place them in correspondence to the pre-drilled holes on the frame A; Use the supplied screws (E) to attach the upright post to the frame.

●Fix the motor cover (H) with the screw (F).

●Fix the computer (D) to the upright post (B and C).

PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and attractive setting. This treadmill is designed to use minimal floor space to go nicely in your home.

1. Do not place the treadmill outdoors.
2. Do not place the treadmill near water or in a high moisture-content environment.
3. Make sure power cord is not in the path of heavy traffic.
4. If your room is carpeted, check the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
5. Locate the treadmill at least 4 feet from walls or furniture.
6. Allow the safety area of 2000mm×1000mm behind the treadmill so that you can easily get on and off the treadmill and adjust the tension of the belt.

Occasionally after extended use, you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

LEVELLING THE BASE

It is important that you place the treadmill on a firm level surface. If the ground is uneven, you may level the treadmill with levelers located at the end of the deck. Make sure the back of the deck is not higher than the front.

USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that **NO** sensitive electrical equipment, such as computer or TV, share the same circuit.

MOVING THE TREADMILL

This treadmill is easy to move around safely.

Before moving the treadmill:

1. Turn the power switch off.
2. Unplug the power cord.
3. Fold the treadmill and make sure lock is engaged.
4. Simply roll the treadmill on four wheels to the desired location.

Ⅳ. OPERATION

TURN POWER ON

The START/STOP switch for the treadmill is located next to the power supply cord on the left side of the frame below the motor cover. Flip this switch to the "START'' position.

SAFETY KEY TETHER AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the START/STOP button.

Your treadmill will not start unless the safety key is properly inserted into the key holder on the console. The other end of the safety key should be securely clipped to your clothing. Never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip first to make sure it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handrails while getting on or off. While you are preparing to use the treadmill, do not stand on the belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your feet on belt only after the belt has begun to move at a safe slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving.

When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

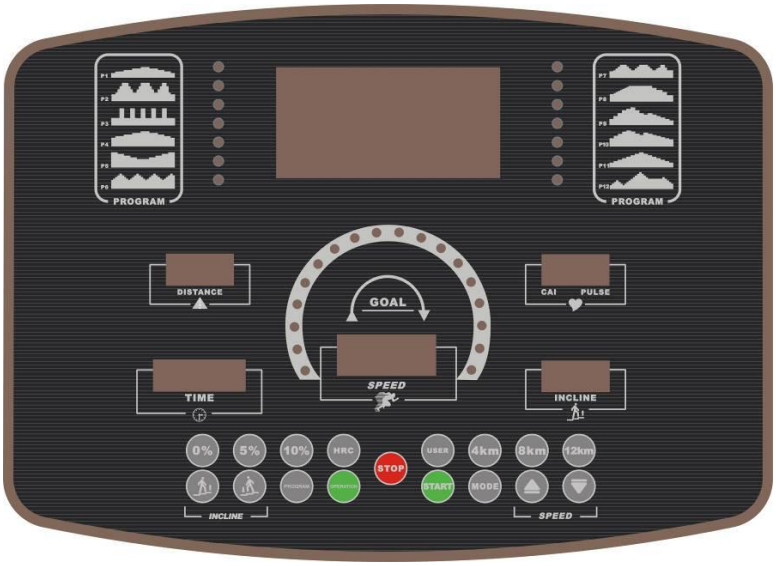
FOLDING AND UNFOLDING THE TREADMILL

Folding and unfolding of this treadmill is made easier with the assistance of gas cylinder. After the treadmill has come to a complete stop, simply fold up the deck. When you hear a click, the deck is locked in place.

The folding lock mechanism is located on the left upright post. To release the folding lock, support the deck with your right hand while you release the lock with your left hand. Deck

is ready to be positioned horizontally on the ground. Please handle with caution although it is designed with the gas cylinder taking most of the weight off the deck.

Ⅴ. CONSOLE



QUICK START:

Press Master Power Switch that is located at the front of the treadmill to ON position. Before beginning a workout session ensure that the Safety Tether Key is properly installed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. Always begin the treadmill standing on the side rails, not on the running belt. Press POWER button to turn on the computer and then press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. The running belt starts moving with the speed at 0.8km/h. Always allow the treadmill to reach a speed of 0.8km/h before stepping on to the running belt. Time starts counting up from 0:00 to 99:59 minutes. Distance starts counting up from 0.00 to 99.9km. Calories start counting up from 0.00 to 999 calories. PROGRAM window will display a cycle with LED. One cycle is 400 meters. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Each increment or decrement is 0.1km/h. The speed range is from 0.8km/h to 25.0km/h. There are 18 LED dots above the SPEED window to indicate the running speed. You may also press one of INSTANT SPEED buttons (4 km / 8 km / 12 km) on the computer console, the running speed will change to 4km/h, 8km/h, or 12km/h immediately. Press INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline in

percent of grade 0-18% during exercise. The INCLINE window will display the incline in percentage when you press INCLINE UP or DOWN button. Each increment or decrement is 1%. You may also press one of INSTANT INCLINE buttons (0% / 5% / 10%) on the computer console, the incline will change to 0%, 5%,or 10% immediately. Hold both two hands on handlebar grip sensors during exercise. The CAL/PULSE window will display your current heart rate figures. CALORIES and PULSE will display alternately every 5 seconds. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. Press STOP button to pause the treadmill running and PROGRAM window will display PAUSE. All figures on the windows will freeze. Press START button to resume the program and TIME window will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving; all displays will continue the performance.
For emergency stop, you may pull up the Safety Tether Key and the treadmill will stop running immediately. PROGRAM and TIME windows will display SAFE.

COMPUTER BUTTON FUNCTIONS:

POWER: Press POWER button to turn on or off the computer.

START: Press START button to start training on different training mode.

STOP: Press STOP button to stop training on different training mode.
MODE: To select function of TIME, DISTANCE, CALORIES, or BODY FAT for goal presetting in manual mode.
To select AGE, HEIGHT, WEIGHT, or GENDER in BODY FAT mode.
To select interval in USER program.
To select AGE and TARGET HEART RATE in HRC program.

SPEED UP: Press SPEED UP button to make upward for speed adjustment on different training mode.
Press SPEED UP button to preset function values of TIME, DISTANCE, CALORIES, or BODY FAT for goal presetting in manual program.
Press SPEED UP button to set user's AGE, HEIGHT, WEIGHT, and GENDER in BODY FAT mode.
Press SPEED UP to preset target time in the programs, user program, and HRC program.
Press SPEED UP button to preset target speed in the user program.
Press SPEED UP to adjust user's age and target heart rate in HRC program.

SPEED DOWN: Press SPEED DOWN button to make downward for speed adjustment on different training mode.
Press SPEED DOWN button to preset function values of TIME, DISTANCE, CALORIES, or BODY FAT for goal presetting in manual program.
Press SPEED DOWN button to set user's AGE, HEIGHT, WEIGHT, and GENDER in BODY FAT mode.
Press SPEED DOWN to preset target time in the programs, user program, and HRC program.
Press SPEED DOWN button to preset target speed in the user program.
Press SPEED DOWN to adjust user's age and target heart rate in HRC program.

INCLINE UP: Press the INCLINE UP button to increase the incline in percent of grade 0-18% on different training mode.
Press INCLINE UP button to preset target incline in the user program mode.

INCLINE DOWN: Press the INCLINE DOWN button to decrease the incline in percent of grade 20-0% on different training mode.
Press INCLINE DOWN button to preset target incline in the user program mode.

INSTANT SPEED (4 km / 8 km / 12 km): Press one of the INSTANT SPEED buttons (4 km / 8 km / 12 km) on the computer console, the SPEED window will display the speed that you are pressed.

INSTANT INCLINE (0% / 5% / 10%): Press one of the INSTANT INCLINE buttons (0% / 5% / 10%) on the computer console, the INCLINE window will display the level of incline in percentage that you are pressed.

PROGRAM: Press PROGRAM button to select program mode (P1-P12).
Press PROGRAM button to select speed and incline for target presetting in user program.

USER: Press USER button to enter into the USER program.

HRC: Press HRC button to enter into the HRC program.

COMPUTER FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds.
Press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. The running belt starts moving with the speed at 0.8km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. You may also press INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline in percent of grade 0-20% during exercise. Time starts counting up from 0:00 to 99:59 per 1 second increment.
You may also preset target time before training. Press MODE button to select TIME mode when TIME window flashes and PROGRAM window displays Time Goal. The initial preset target time is 30:00 minutes, you may press SPEED UP or DOWN button to preset target time. Each increment is 1 minute. The preset target time range is from 10:00 to 99:00 minutes. Once you preset target time, press START button, the running belt starts moving with the speed at 0.8km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from preset target time to 0:00 per 1 second backward. When the preset target time counts down to 0:00, the computer will begin beeping to remind you and the running belt will stop automatically.

SPEED: Display the current running speed from the minimum 0.8km/h to the maximum 20km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to speed up or down your running speed during exercise. You may also press one of INSTANT SPEED buttons (4 km / 8 km / 12 km) on the computer console, the running speed will change to 4km/h, 8km/h, or 12km/h immediately.

DISTANCE: Displays the accumulative distance traveled during workout. Press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. The running belt starts moving with the speed at 0.8km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. You may also press INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline in percent of grade 0-20% during exercise. Distance starts counting up from 0.00 to 99.9km. You may also preset target distance before training. Press MODE button to select DISTANCE mode when DISTANCE window flashes and PROGRAM window displays Distance Goal. The initial preset target distance is 5.00km, you may press SPEED UP or DOWN button to preset target distance. The

preset target distance range is from 1.00 to 99.9km. Once you preset target distance, press START button, the running belt starts moving with the speed at 0.8km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Distance starts counting down from preset target distance to 0.00. When the preset target distance counts down to 0.00, the computer will begin beeping to remind you and the running belt will stop automatically.

CALORIES: Displays the total accumulated calories burned during workout. CALORIES and PULSE will display alternately every 5 seconds. Press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. The running belt starts moving with the speed at 0.8km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. You may also press INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline in percent of grade 0-20% during exercise. Calories start counting up from 0.00 to 999 calories. You may also preset target calories before training. Press MODE button to select CALORIES mode when CAL/PULSE window flashes and PROGRAM window displays Calories Goal. The initial preset target calories is 100 calories, you may press SPEED UP or DOWN button to preset target calories. The preset target calorie range is from 10.0 to 999 calories. Once you preset target calories, press START button, the running belt starts moving with the speed at 0.8km/h. You may press SPEED UP or DOWN button on the computer console or handlebar to increase or decrease the running speed during exercise. Calories start counting down from preset target calories to 0. When the preset target calories count down to 0, the computer will begin beeping to remind you and the running belt will stop automatically.

PULSE: The CAL/PULSE window will display your current heart rate figures in 4-5 seconds after you hold both two hands on handlebar grip sensors during exercise. CALORIES and PULSE will display alternately every 5 seconds. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

INCLINE: Display the incline in percent of grade 0-20%. You may press INCLINE UP or DOWN button on the computer console or handlebar to increase or decrease the incline in percent of grade 0-20% during exercise.
You may also press one of INSTANT INCLINE buttons (0% / 5% / 10%) on the computer console, the incline will change to 0%, 5%, or 10% immediately.

BODY FAT CALCULATION:

Press MODE button to select BODY FAT mode when PROGRAM window displays BODY FAT. DISTANCE window will flash and PROGRAM window will display AGE, press SPEED UP or DOWN button to set user's age. Press MODE button, TIME window will flash and PROGRAM window will display HEIGHT CMS, press SPEED UP or DOWN button to set user's height in centimeters. Press MODE button, CAL/PULSE window will flash and PROGRAM window will display WEIGHT KGS, press SPEED UP or DOWN button to set user's weight in kilograms. Press MODE button, INCLINE window will flash and PROGRAM window will display GENDER, press SPEED UP or DOWN button to set user's gender. Press MODE button, PROGRAM window will display BODY FAT. The SPEED window will display your body fat values in 4-5 seconds after you hold both two hands on handlebar grip sensors.

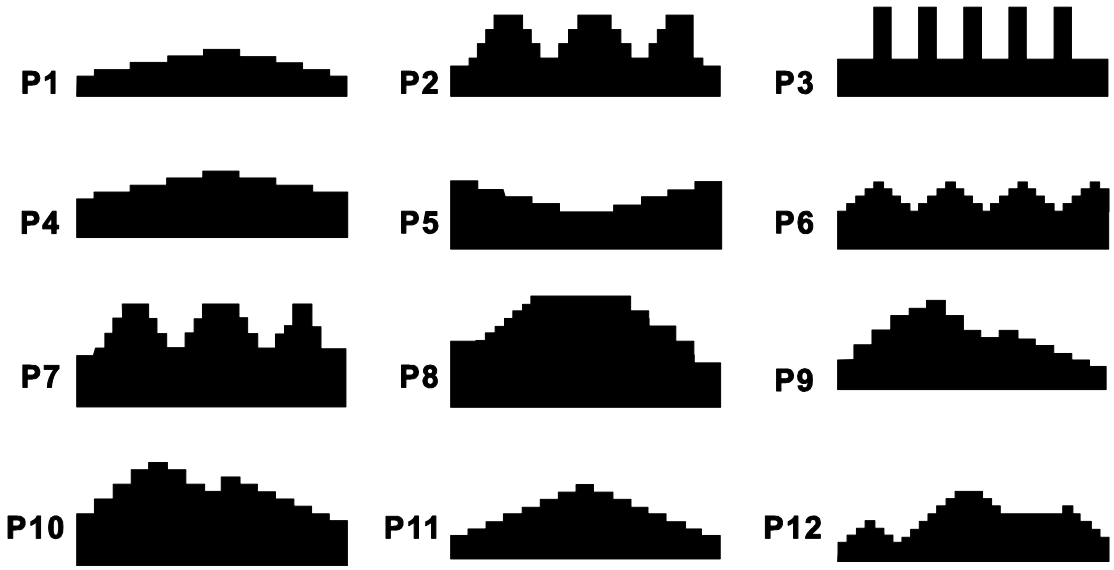
TRAINING IN PROGRAM MODE:

The computer offers 12 programs. Press PROGRAM button to select training programs from P1 to P12. PROGRAM window will display P1, P2..., or P12 and indicate LED will light up. Time window will flash for presetting training program time. The initial preset training program time is 30:00 minutes. Press SPEED UP or DOWN button to preset training program time. Each increment is 1:00 minute. The preset training program time range is from 10:00 to 99:00 minutes. Press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. The first interval of program graphic will flash and running speed and incline will change according to the program graphic. There are 30 intervals for each program graphic. You may also press SPEED UP or DOWN button to increase or decrease the speed and press INCLINE UP or INCLINE DOWN button to adjust the incline in percentage during exercise. When the preset training program time counts down to 0:00, the computer will begin beeping to remind you and the running belt will stop automatically.

PROGRAM CHART

	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12
SPEED	3	4	5	5	9	5	7	7	4	7	3	2
INCLINE	0	1	0	1	0	1	0	0	0	0	0	1
SPEED	3	4	5	5	9	6	7	7	4	7	3	3
INCLINE	0	1	0	1	0	2	0	0	0	0	0	2
SPEED	4	5	5	6	9	7	8	8	6	9	4	4
INCLINE	0	1	0	2	0	3	0	0	0	1	0	2
SPEED	4	7	5	6	8	8	10	9	6	9	4	5
INCLINE	0	1	0	2	0	4	0	0	0	1	0	2
SPEED	4	9	12	6	8	9	12	10	8	11	5	4
INCLINE	0	1	0	2	0	5	0	0	0	2	0	2
SPEED	4	11	12	6	8	8	14	11	8	11	5	3
INCLINE	0	1	0	2	0	5	0	0	0	2	0	1
SPEED	5	11	5	7	7	7	14	12	10	13	6	2
INCLINE	0	2	0	3	0	5	0	0	0	2	0	1
SPEED	5	11	5	7	7	6	14	13	10	13	6	3
INCLINE	0	2	0	3	0	5	0	1	0	2	0	1
SPEED	5	9	5	7	7	5	12	14	11	14	7	4
INCLINE	0	2	0	3	0	5	0	1	0	1	0	2
SPEED	5	7	12	7	6	6	10	15	11	14	7	5
INCLINE	0	2	0	3	0	5	0	1	0	1	0	2
SPEED	6	5	12	8	6	7	8	15	12	13	8	6
INCLINE	0	2	0	4	0	5	0	1	0	2	0	2
SPEED	6	5	5	8	6	8	8	15	12	13	8	7
INCLINE	0	2	0	4	0	5	0	1	0	2	0	3
SPEED	6	7	5	8	5	9	10	15	10	11	9	8
INCLINE	0	2	0	4	0	5	0	1	0	2	0	3
SPEED	6	9	5	8	5	8	12	15	10	11	9	9
INCLINE	0	2	0	4	0	5	0	0	0	2	0	3
SPEED	7	11	12	9	5	7	14	15	8	10	10	10
INCLINE	0	2	0	5	0	4	0	0	0	3	0	3
SPEED	7	11	12	9	5	6	14	15	8	10	10	9
INCLINE	0	2	0	5	0	4	0	0	0	3	0	3
SPEED	7	11	5	9	5	5	14	15	7	12	9	8
INCLINE	0	2	0	5	0	4	0	0	0	2	0	3
SPEED	7	11	5	9	5	6	14	15	7	12	9	7
INCLINE	0	2	0	5	0	4	0	0	0	2	0	4
SPEED	6	9	5	8	6	7	12	15	8	11	8	6
INCLINE	0	2	0	4	0	4	0	0	0	3	0	5
SPEED	6	7	12	8	6	8	10	15	8	11	8	5
INCLINE	0	2	0	4	0	4	0	0	0	3	0	6
SPEED	6	5	12	8	6	9	8	13	7	10	7	4
INCLINE	0	2	0	4	0	4	0	1	0	4	0	6
SPEED	6	5	5	8	7	8	8	13	7	10	7	3
INCLINE	0	2	0	4	0	5	0	1	0	4	0	6
SPEED	5	7	5	7	7	7	10	11	6	9	6	4
INCLINE	0	2	0	3	0	5	0	1	0	4	0	6
SPEED	5	9	5	7	7	6	12	11	6	9	6	5
INCLINE	0	2	0	3	0	5	0	1	0	4	0	6
SPEED	5	11	12	7	8	5	14	11	5	8	5	6
INCLINE	0	1	0	3	0	5	0	1	0	3	0	6
SPEED	4	11	12	6	8	6	14	9	5	8	5	7
INCLINE	0	1	0	2	0	5	0	1	0	3	0	6
SPEED	4	9	5	6	8	7	12	9	4	7	4	6
INCLINE	0	1	0	2	0	4	0	1	0	2	0	5
SPEED	4	5	5	6	9	8	8	6	4	7	4	5
INCLINE	0	1	0	2	0	3	0	1	0	2	0	4
SPEED	3	4	5	5	9	9	8	6	3	6	3	4
INCLINE	0	1	0	1	0	2	0	1	0	1	0	3
SPEED	3	4	5	5	9	8	8	6	3	6	3	3
INCLINE	0	1	0	1	0	1	0	0	0	0	0	1

PROGRAM GRAPHICS



TRAINING IN USER PROGRAM MODE:

Press USER button, PROGRAM window will display USER and user program graphic. USER LED will light up. Time window will flash for presetting training user program time. The initial preset training program time is 30:00 minutes. Press SPEED UP or DOWN button to preset training program time. Each increment is 1:00 minute. The preset training program time range is from 10:00 to 99:00 minutes. Press MODE button, TIME window will display 1. SPEED window and the first interval of user program graphic will flash for presetting speed, press SPEED UP or DOWN button to preset speed for the first interval of user program graphic. Press PROGRAM button, INCLINE window and the first interval of user program graphic will flash for presetting incline in percentage, press INCLINE UP or DOWN button to preset incline in percentage for the first interval of user program graphic. There are 30 intervals for presetting the speed and incline in percentage. Press MODE button, TIME window will display 2. Repeat above steps to preset the speed and incline in percentage from the second interval to the thirtieth interval. After presetting the speed and incline in percentage for the thirtieth interval, press MODE button and then press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. The first interval of program graphic will flash and speed and incline will change according to the user program graphic that user setup. There are 30 intervals for user program graphic. You may also press SPEED UP or DOWN button to increase or decrease the speed and press INCLINE UP or INCLINE DOWN button to adjust the incline in percentage during exercise. When the preset training user program time counts

down to 0:00, the computer will begin beeping to remind you and the running belt will stop automatically.

TRAINING IN HRC PROGRAM MODE:

Press HRC button, PROGRAM window will display HRC. HRC LED will light up. Time window will flash for presetting training user program time. The initial preset training program time is 30:00 minutes. Press SPEED UP or DOWN button to preset training program time. Each increment is 1:00 minute. The preset training program time range is from 10:00 to 99:00 minutes. Press MODE button, DISTANCE window will flash and display 25 and CAL/PULSE window will display 146 that is 75% of your maximum heart rate. PROGRAM window will display AGE.

For example, if you are 25 years old, your calculations will be as follows:

220 - 25 = 195 (maximum heart rate)

195 x 75% (0.75) = 146 (75% of your maximum heart rate)

25 year-old (THR) Target Heart Rate would be 146

Press SPEED UP or DOWN button to set user's age and CAL/PULSE window will display 75% of your maximum heart rate adjusted by user's age. You may also press the MODE button again, CAL/PULSE window will flash and PROGRAM window will display HRC Tar Set. Press SPEED UP or DOWN button to set your desired target heart rate. Press MODE button to confirm the target heart rate. Press START button to start exercise, TIME and PROGRAM windows will countdown 3 seconds with the LED showing "3-2-1" before the running belt starts moving. You may also press SPEED UP or DOWN button to increase or decrease the speed and press INCLINE UP or INCLINE DOWN button to adjust the incline in percentage during exercise. Hold both two hands on handlebar grip sensors. The Heart Rate Control program is designed to keep your heart at a desired amount of "beats per minute" by automatically adjusting the incline and speed. For example, you have programmed in a desired heart rate of 130 BPM and your heart rate is only at 110 BPM, the incline will automatically increase 1% of incline and speed will increase 0.5km/h of running speed per 30 seconds to intensify the work load, causing your heart rate to slowly climb to 130 BPM. The treadmill will attempt to maintain your target heart rate through adjustments to the incline and speed for the remainder of your workout. If your heart rate is above your programmed amount of BPM's, the incline will automatically decrease 1% and speed will decrease 0.5km/h of running speed per 30 seconds to lower your heart rate of 130 BPM.

USING THE WIRELESS CHEST BELT HEART RATE TRANSMITTER (OPTIONAL ACCESSORY):

There is a heart rate receiver inside the computer that can receive heart rate signals when you wear on the wireless chest belt heart rate transmitter. The CAL/PULSE window will display your current heart rate figures in a few seconds after you wear on the wireless chest belt heart rate transmitter.

For proper operation, the chest belt should be worn with the wireless chest belt heart rate transmitter strapped across the front of your body just above the chest line. The wireless chest belt heart rate transmitter needs a little body heat and moisture in order to work properly.

NOTE:

Connect one end of Spring Wire for MP3 or CD Player into the jack on the computer and then connect the other end of Spring Wire for MP3 or CD Player into the jack for MP3 or CD player. Press the switch that marks **o -** on the computer to turn ON or OFF the speakers.

CARE, MAINTENANCE & TROUBLE SHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplugged the treadmill before cleaning or routine maintenance.

CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

Please keep the treadmill, specially, the console, out of direct sunlight to prevent screen damage.

STORAGE

Store the treadmill in a clean and dry environment. Ensure the master power switch is off and is at the off position and the power plug is un-plugged from the electrical wall outlet.

TROUBLE SHOOTING GUIDE

Problem	Potential Cause	Corrections
Treadmill will not start.	1. Not plugged in. 2. Safety tether key not installed. 3. House circuit breaker tripped. 4. Treadmill circuit breaker tripped.	1. Power plug is plugged into the electrical wall outlet. 2. Install the safety tether key. 3. Reset or have an electrician replace the breaker in home. 4. Wait five minutes and then press the switch back in.
Running belt slips.	Running belt not tight enough.	Adjust running belt tension.
Running belt hesitates When stepped on.	1. Not enough lubrication applied onto the running deck. 2. Running belt too tight.	1. Apply silicone lubricant. 2. Adjust running belt tension.
Running belt is off centered.	Running belt tension not even across the rear roller.	Center the running belt.

WARM UP AND COOL DOWN ROUTINE

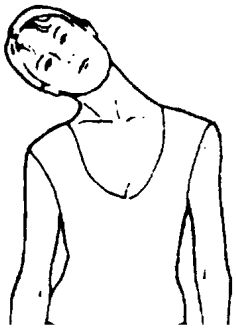
A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

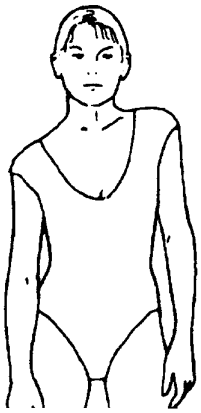
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. **COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



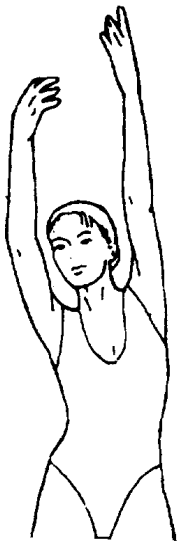


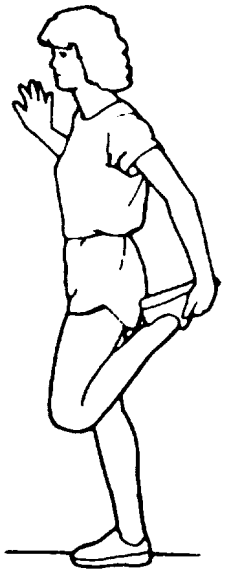
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



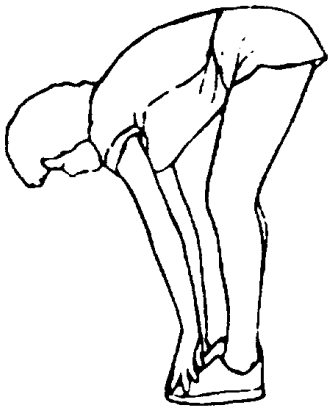


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

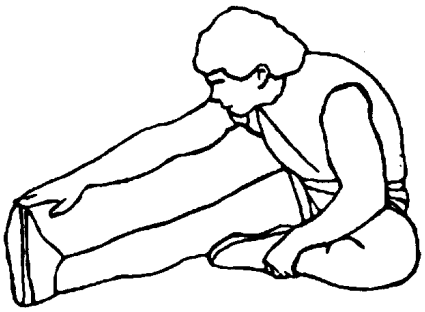


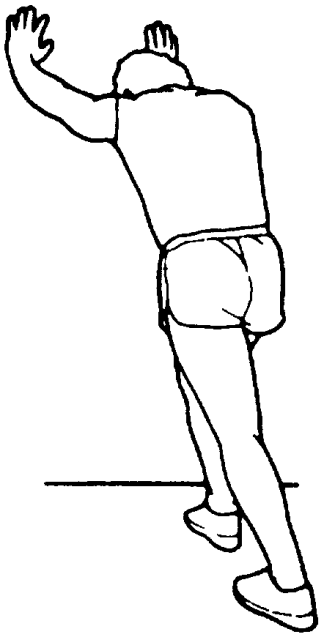
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.





CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.